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NOT-SO-YUMMY FOR MUMMY

JANUARY JONES CREDITS HER GLOWING SKIN TO EATING PLACENTA AFTER BIRTH, BUT SOME BEAUTY EXPERTS ARE SKEPTICAL PAGE 22

TORONTO metro®

Monday, April 16, 2012

News worth sharing.

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100 YEARS LATER

PAGE 6

Leading Air Cadet Sharon Spears-Mandeville lays a flower on a grave marker at a memorial service at Fairview Lawn Cemetery in Halifax, Sunday, to mark the 100th anniversary of the sinking of RMS Titanic. RYAN TAPLIN/METRO HALIFAX

Island farm, Centreville a package deal?

Centre Island sale. City staff would like the Far Enough Farm and Centreville attractions to be bundled together: Coun. McConnell

It's not too late to save the farm.

That's what supporters of Far Enough Farm are hoping as the City of Toronto waits for an end-of-day Tuesday deadline to hear from interested parties willing to take over running the $221,000-a-year attraction on Centre Island for at least the next year.

Coun. Pam McConnell (Toronto Centre-Rosedale) said that in the meantime, the long-term lease to run Centreville, which expires this spring, has now been extended a year as city staff work to "bundle" it with the farm so that any operator would take over both.

"I think that city staff would like both the Far Enough Farm and Centreville attractions to be put together as a package," she said.

"If we can keep it open now and this summer, it will give us a chance to see whether it can be bundled with Centreville."

Furry friends

The farm, which opened in 1959, is free and open from 8 a.m. to 4 p.m. year-round.

- **It is home to two retired police horses, as well as two mini-horses, three donkeys and sheep, goats, pigs, cows, emus, chickens, pheasants and ducks.**

The city has decided to cut funding from Far Enough Farm, as well as the High Park Zoo and Riverdale Farm, as of June 30. TORSTAR NEWS SERVICE

Take note, Oprah fans

The beloved 'Queen of Talk' is in Toronto for a speaking engagement where she will share life lessons that have guided her throughout the years PAGE 3

How to break into the wine...

...the wine-making business that is. A professor of wine management gives tips on how to get started PAGE 26

Philly is flying high

Philadelphia Flyers have the momentum going into Game 4 of the first round. Can they smack down the Penguins on Wednesday night? PAGE 30

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TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

Lundbeck Scotiabank partnersformentalhealth

Oprah in town today for Lifeclass: The Tour

Travelling show. The 'Queen of Talk' takes Toronto while looking to rebound from the struggles of her OWN specialty channel

Oprah Winfrey's travelling roadshow of dreamboards, mantras and spiritual reflection lands in Toronto Monday as the embattled media maven rallies her hardcore Canuck fans.

The arrival of Oprah's Lifeclass: The Tour promises to share inspiring life lessons that have guided Winfrey herself, even as the daytime doyenne wrestles with ongoing questions over whether she can rescue her struggling specialty channel, OWN: Oprah Winfrey Network, from dismal ratings.

The fate of Winfrey's faltering channel is an ongoing question after a slew of upheavals rattled OWN to the core. In recent weeks, staff was slashed, back offices were restructured and Rosie O'Donnell's talk show was cancelled.

Since then, its beleaguered CEO has come out fighting. Winfrey announced a batch of new prime-time series meant to invigorate viewership and has hit the road to do what she does best — talk.

And her Canuck following is listening.

Last week, online resellers offered tickets for Lifeclass ranging in price from $100 to $1,599 each, depending on proximity to the spiritual guru known for encouraging viewers to "live your best life."

And although the Canuck version of OWN has struggled to connect with northern audiences, the channel's Canadian boss predicted Winfrey's commitment to boost her profile — both with the tour and more TV appearances — would turn things around.

"It's going to take us some time. As you know, that network started off slowly but it's gaining momentum," said John Cassaday, CEO of Corus Entertainment, which runs OWN Canada.

In an analyst call last week, Cassaday noted there are now three prime-time OWN series featuring Winfrey — Oprah's Next Chapter, Oprah's Master Class and Oprah's Lifeclass.

"This will continue to build audiences for OWN in Canada," he said, an oblique reference to early criticism the network didn't feature enough of Winfrey.

THE CANADIAN PRESS

Oprah Winfrey onstage during the OWN, Oprah Winfrey Network, portion of the 2011 Winter TCA press tour held at the Langham Hotel on Jan. 6, 2011 in Pasadena, Calif. FREDERICK M. BROWN/GETTY IMAGES

Back-to-back shows

Tickets for Lifeclass — also a TV series that will broadcast a Toronto show Monday on OWN — sold out in minutes, spurring organizers to add an early-morning show that also sold out quickly.

- **The back-to-back Lifeclass shows in Toronto feature a who's-who of high-profile visionaries.** They include motivational speaker Tony Robbins, spiritualist Deepak Chopra, spiritual adviser Bishop T.D. Jakes and inspirational author Iyanla Vanzant.
- **Metro's Delia MacPherson is attending Lifeclass.** Coverage at metronews.ca.

1 NEWS

On the web

Super-fan suits up for playoffs

Canucks super-fan Towel Power Man Dave Preece can hardly walk down the street wearing his snazzy new suit jacket without someone stopping to take a picture of him as his Canucks super-fan alter-ego. Watch Towel Power Man in action at metronews.ca

May the odd be ever in your favour

The Hunger Games has been dominating the box office for weeks, so it's no surprise parodies of the blockbuster film are popping up all over YouTube. Check out The Hipster Games at metronews.ca

Mobile news

The terror trial of a man who confessed to killing 77 people in Norway starts Monday amid worries he will use the proceedings to showcase his radical views. Scan the code for the story.

Falling glass. Builder to use protective mesh

A safety concern about falling glass from downtown condominiums is prompting a developer to take precautionary measures.

Concord Adex sent letters this month to residents of three condo towers — Parade at CityPlace near Front Street and Spadina Avenue, and Discovery I and II at Concord Park Place near Sheppard Avenue East and Provost Drive — advising them of plans to immediately install protective mesh on their glass-paneled balconies as a safeguard.

Balcony glass exploded in a handful of downtown condominiums last summer. Pedestrians were hurt, though their injuries were described as minor, as glass shards fell to the street.

Since Concord used the same glass supplier, it didn't want to take any chances, Arash Beheshti, Concord's vice-president of construction, explained in the letter sent to residents. He said there is no evidence that the glass is "deficient," but since other developers have had problems, "we are not taking chances with people's safety."

The developer has been working with a glass expert, architects and engineers to understand the problem, he added.

Trudy Clark and her husband who live on the 6th floor of 10 Capreol Crt. are pleased Concord is being proactive. "It's good. It seems like they are doing the right thing and that's the way they presented it," she added.

TORSTAR NEWS SERVICE

Steps taken

- **Investigation.** Toronto's building department has sent findings from an investigation on condo glass to Queen's Park to see if the provincial building code needs to be reviewed, according to Coun. Adam Vaughan, who thinks that condo glass also needs to be tested for wind shear.
- **Reaction.** Lanterra Developments, which had problems last summer, is replacing tempered glass panels in balconies with laminated glass similar to that used in windshields.

Strike a pose — Canadian yogis get competitive

Amanda DeFreitas performs the frog pose at the Eastern Canadian Hatha Yoga Championship held at De La Salle College in Toronto. Competitors have three minutes to perform seven poses. Five of the poses are compulsory: Standing Head to Knee, Standing Bow Pulling, Bow, Rabbit, and Stretching. Competitors then can perform two other poses of their choosing. STEVE RUSSELL/THE TORONTO STAR

Post-mortem

Stabbing victim dies after surgery

A post-mortem is scheduled Monday for an East Toronto man stabbed to death. An arrest was made after EMS found a man in the parking lot next to 1651 Victoria Park Ave. suffering from multiple stab wounds Saturday. He died after surgery.

TORSTAR NEWS SERVICE

Public safety

Etobicoke jail raises concerns

The "superjail" being built in south Etobicoke is causing concern among area residents, with the jail's director admitting the province hasn't done a good enough job advising people of its impact on public safety.

Police Chief Bill Blair told residents that he hopes many jail-related issues will have no impact on the community because they will be contained within the institution.

However, police resources may be challenged when prisoners escape, are unlawfully at large or fail to show up, he said, adding that may require a redeployment of officers in 22 Division.

TORSTAR NEWS SERVICE

Weekend violence

Teen wounded in drive-by shooting

A 16-year-old boy was rushed to hospital after he was wounded in a drive-by shooting Sunday. EMS responded to Bernice Cres., near Jane St. and St. Clair Ave. W. shortly after 4:30 p.m. He was shot in the hip area and is in serious condition. TORSTAR NEWS SERVICE

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Landmarks get second life online

Vintage Toronto.
Old photos of local landscapes allow people to revisit past

Vintage Toronto, which has racked up more than 13,000 likes on Facebook since launching in January, showcases thousands of old photos featuring city landmarks.

Albums are arranged according to time periods and themes, such as "Lost Cinemas and Theatres" and "Yonge Street Strip." There's also a series of "Then and Now" albums that compare present-day scenes or buildings with those from the past.

Ironically, the group's founder, Bill Stevenson, lives in Kingston, where he runs a general merchandise store that sells vintage items. But the two decades he lived in Toronto — from 1960 to 1980 — left a lasting impression on the 54-year-old.

Stevenson was inspired to start Vintage Toronto after discovering Vintage Los Angeles, a similar Facebook group.

"When I first started, I thought it might interest, you know, friends and a few other people," he said. "I'm kind of surprised how popular it is, how quickly."

Stevenson mostly scours the City of Toronto's online archives for photos. He also scans collections from the Toronto Public Library, universities and the federal and provincial governments. Members can contribute their own vintage photos.

Although the group appeals to a broad range of people, including fans from Korea, Australia and Israel, most members are current and former Torontonians who are seeking a whiff of nostalgia, Stevenson said.

TORSTAR NEWS SERVICE

Quoted

"There's a lot of people that are seeing either their childhood or where they now live or where they work in a little bit of (a different) light. It doesn't seem too long ago, but it's changed."

Matthew Blackett,
Vintage Toronto member

Geese take over courts

A woman is surprised by a gander as she leaves the Brampton courts. A pair of geese have invaded the traffic island outside the main entrance of the courts. The geese have been there for four weeks and animal control have roped off the traffic island around the nest. Geese are monogamous and both parents protect the nest while the eggs incubate for 24 to 28 days after laying. The geese may not be able to fly yet because the summer molt takes place during the breeding season. Adults will lose their flight feathers for 20 to 40 days.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Oops — again

The mayor rectified one blunder and repeated another on his Sunday radio show. Rob Ford had on Deputy Speaker John Parker, an ally who opposed him on transit, and sang the praises of a businessman Parker defeated in 2010. He also encouraged people to call a number to sign up for his football program — Ford apologized the first time he gave out that taxpayer-funded number. TORSTAR NEWS SERVICE

Hey, batter

Toronto entrepreneurs Ryan Christiani, Dave Murray and Christopher Fieldhouse, all 26 years old, are pitching a product they hope will evoke childhood memories in a permanent, usable way: Handmade baseball bats made from kiln-dried Ontario maple wood. Each bat comes with a design that hearkens back to a Toronto park diamond and starts at $200. More info at garrisoncreekbats.com. TORSTAR NEWS SERVICE

Ryan Christiani
COLIN MCCONNELL/TORSTAR NEWS SERVICE

Winning voices

Students from the Etobicoke School of the Arts claimed victory at the second annual Show Choir Canada National Championships this past weekend. SPLASH, the 32-member ensemble, performed a medley of songs from West Side Story to beat this year's runners-up, the Gleeks, who hail from Scarborough's Wexford Collegiate School for the Arts.

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Belfast looks back on Titanic with sorrow, pride

Centennial. Cities on both sides of the Atlantic commemorate the 100-year anniversary of the sinking of ship

As the 1912 disaster was commemorated around the world, the city that built the vessel — Belfast, Northern Ireland — looked back on the tragic sinking of Titanic with a distinctive mixture of sorrow and pride.

In the North Atlantic, passengers lined the decks of the MS Balmoral, a cruise ship that has been retracing the route of the doomed voyage, as the ship stopped early Sunday at the spot where the Titanic went down in the early hours of April 15, 1912. Another cruise ship, Journey, which travelled from New York, also held a service at the site, about 650 kilometres off the coast of Newfoundland.

A century on, events around the globe marked a tragedy that retains its grip on the world's imagination. In Belfast, a memorial monument was unveiled Sunday at a ceremony attended by local dignitaries, relatives of the dead and explorer Robert Ballard, who discovered the wreck of the Titanic on the ocean floor in 1985.

Remembrance ceremonies were also being held in the ship's departure port of Southampton, southern England — home to hundreds of Titanic crew who perished — and in Halifax, where about 150 victims of the tragedy are buried.

THE ASSOCIATED PRESS

Remembrance

People in Halifax gathered at a local cemetery Sunday to pay their respects to the victims of the Titanic sinking on the centennial of the disaster.

- One hundred and twenty-one people aboard the ill-fated ship were buried at Fairview Lawn Cemetery in Halifax.
- Twenty-nine others are buried at other cemeteries in the city.

Distant relatives of people who died on the Titanic disaster lay wreaths at the Titanic Memorial Plaque during the service at Belfast City Hall, Northern Ireland, Sunday. PETER MORRISON/THE ASSOCIATED PRESS

Drugs. Reserve speaks out against addiction

Item number nine in the letter to members of the Cat Lake reserve from the children in Grade 6 is as blunt as it is painful.

"It hurts us and shoomis and kokum (grandpa and grandma) when you're doing drugs and you're not at home."

Cat Lake is the epicentre of prescription drug addiction in Canada. Community leaders figure that between 70 and 80 per cent of the adults are hooked on narcotic pain killers OxyContin or Percocets.

Governments and local health authorities are slowly gearing up to deal with the runaway addiction that has slammed communities across the country, but especially First Nations. THE CANADIAN PRESS

Exclusively online

To read the letter, go to metronews.ca

Prostitution. Secret Service scandal slammed

A Secret Service scandal involving prostitutes in Colombia that has overshadowed U.S. President Barack Obama's diplomatic mission in Latin America probably isn't an isolated incident, a leading House Republican said Sunday.

California Rep. Darrell Issa, chairman of a House investigative panel, said he wasn't certain whether Congress would hold hearings on the misconduct.

THE ASSOCIATED PRESS

Strained relations

16

Eleven Secret Service employees are on administrative leave for misconduct and five service members assigned to work with the agency are confined to quarters amid allegations that a group of personnel partied with prostitutes before Obama arrived in Colombia for the weekend summit with Latin American leaders.

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Five dead as twisters cut a swath across U.S.

Over 100 tornadoes. Midwest and Plains states affected; hundreds of thousands without electricity; storm weakening

More than 100 tornadoes were reported across the U.S. Midwest and Plains states, leaving at least five dead in Oklahoma and hundreds of thousands of families without electricity.

Residents searched through damaged homes Sunday for anything they could salvage. Emergency crews, meanwhile, were trying to repair downed power lines.

The National Weather Service said the storm systems were weakening and that additional tornadoes were unlikely. But forecasters warned that strong thunderstorms were expected as far east as Michigan.

Five people were killed and more than two dozen were injured when a suspected tornado ripped through a mobile home park in Woodward, Oklahoma.

Streets in the town were left dotted with mangled vehicles. THE ASSOCIATED PRESS

Very strong system

The storms were part of an exceptionally strong system that the Storm Prediction Center in Norman, Oklahoma had warned about for days.

- **The centre warned people more than 24 hours in advance of a possible "high-end, life-threatening event."**
- **The centre said the weather service had received at least 120 reports of tornadoes by dawn Sunday.**
- **They warned the threat wasn't over for those across several states in the U.S. interior.**

Workers survey the damage to a 65-foot-tall Ferris wheel following a tornado that swept through east Wichita. MIKE HUTMACHER/THE ASSOCIATED PRESS

The 'Tornado Hunter'

Saskatchewan resident offers eyewitness account

As extreme weather continues to hit the Midwestern United States, Saskatchewan resident Greg Johnson, known as the Tornado Hunter, is on the ground documenting the ordeal.

Speaking with Metro from Des Moines, Iowa, Johnson said this chase has been a lucky one.

"In Kansas we were really fortunate that the tornadoes that we were chasing … didn't hit populated areas," said Johnson.

"So we didn't come across any of that mayhem that went on later in the evening at Wichita and unfortunately the five deaths at Woodward, Oklahoma."

Johnson said these chases affirm that Canada isn't prepared for a tornado.

"The work we're doing now pays dividends and helps people build an awareness about tornadoes and severe weather."

He says this work in the U.S. will pay dividends when he gets back to Canada.

In several states in the U.S. interior, the threat isn't fully over, but the storm has weakened and officials say additional tornadoes are unlikely.

MORGAN MODJESKI/METRO IN SASKATOON

Chris Streeks, a member of Greg Johnson's tornado hunting team. GREG JOHNSON/FOR METRO

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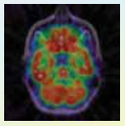

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Alberta premier blasts candidate's anti-gay rant

Election. 'The views I expressed in this blog posting are my own personal religious views and were given in the capacity as a church pastor,' argues member of rival Wildrose party

On the campaign trail: Alberta Premier Alison Redford shares a meal at a Sikh temple in Calgary Sunday. While in Calgary, the premier also spoke out against an anti-gay blog posting by a Wildrose candidate. JEFF MCINTOSH/THE CANADIAN PRESS

The Albertan Wildrose party went into damage-control mode Sunday after one of its candidates' anti-gay rants raised the ire of many voters and prompted the province's premier, Alison Redford, to warn voters about who they want to run their province.

The controversy stems from a blog written by Allan Hunsperger, a pastor who's running as a Wildrose candidate in Edmonton South, in which he warned against accepting gays and lesbians for who they are.

In his comments, written in June 2011, Hunsperger criticized the Edmonton Public School Division's views of accepting students for who they are and used Lady Gaga's album Born This Way as part of his analogy.

"You see, you can live the way you were born, and if you die the way you were born then you will suffer the rest of eternity in the lake of fire, hell, a place of eternal suffering."

With only one week left before the provincial election, Redford wasted no time joining in the condemnation of the comments,

"The fact that there are people who think that's a legitimate perspective just absolutely blows my mind," she said.

"If we have people like this making these sorts of comments in Alberta I think it's absolutely wrong."

Just hours after Redford's comments, the controversial posting was taken down.

Wildrose Leader Danielle Smith said she was aware of Hunsperger's religious views and made it clear that they won't have any effect on her party's policy if it forms government. THE CANADIAN PRESS

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Charter's colour is fading away

Charter of Rights and Freedoms.
Signed on April 17, 1982, signatures fade because of quality of ink used

Jean Chretien signs the proclamation repatriating Canada's constitution in April 1982. RON POLING/THE CANADIAN PRESS

New information

- When it was his turn, the pen passed to Jean Chretien by then-prime minister Trudeau was broken, causing a French swear word to slip from his lips.

The papermakers chose the finest Manitoba flax and the artists etched the coat of arms in 24 carat gold for the Proclamation of the Constitution Act of 1982.

The goal: to create a uniquely Canadian, tangible piece of history befitting the constitution coming home and the creation of the Charter of Rights and Freedoms.

Except nobody thought about the pens used to sign the proclamation itself.

So while 30 years later the Charter remains a vibrant force in Canadian life, the signatures that brought it into force are at risk of fading.

"The paper is very, very good quality, but it begs the question when we're signing prestigious documents, perhaps we should be using inks, pens that are as stable as the document itself," said Catherine Craig-Bullen, at Library and Archives Canada.

"In a kind gesture by Trudeau, I signed my name just below Her Majesty's," said former prime minister Jean Chretien. THE CANADIAN PRESS

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The missile

- A military expert said the newly unveiled missile resembled the long-range Taepodong-2, which North Korea launched, unsuccessfully, in 2006 but did not appear to have the range needed to attack the U.S.

N. Korean leader takes tough stance

20-minute speech. Appearing calm and measured, Kim Jong-un covered topics from foreign policy to the economy

North Korean soldiers march during a mass military parade in Pyongyang's Kim Il-sung Square to celebrate 100 years since the birth of North Korean founder, Kim Il-sung on Sunday. NG HAN GUAN/THE ASSOCIATED PRESS

North Korea's new leader addressed his nation and the world for the first time Sunday, vowing to place top priority on his impoverished country's military, which promptly unveiled a new long-range missile.

The speech was the culmination of two weeks of celebrations marking the centenary of the birth of his grandfather, national founder Kim Il-sung — festivities that were marred by a failed launch Friday of a rocket that generated international condemnation and cost North Korea a food aid-for-nuclear-freeze deal with Washington.

Kim Jong-un's speech took North Koreans gathered at Kim Il-sung Square and around televisions across the country by surprise. His father, late leader Kim Jong-il, addressed the public only once in his lifetime.

Kim Jong-un's speech, and a military parade that followed, was the best look yet the outside world has had of the young Kim, who is believed to be in his late 20s.

Punctuating Kim's message that the North will continue to pour funds into its military, the parade culminated with the unveiling of a new long-range missile, though it's not clear how powerful or significant the addition to the North Korean arsenal is.

THE ASSOCIATED PRESS

Quoted

"I can tell you every person in my country cried when they heard his voice."

Cha Myong Hui, a journalist with the government-run Minju Joson newspaper

Analysis

Kim shows he can speak in public

Analysts have worried about how Kim Jong-un, who has been seen but not publicly heard since taking over after his father's December death, would govern a country that has a nuclear weapons program.

The speech was a good "first impression for his people and for the world," said Hajime Izumi, a North Korea expert at Japan's Shizuoka University. "He demonstrated that he can speak in public fairly well, and at this stage that in itself — more than what he actually said — is important. I think we might be seeing him speak in public more often, and show a different style than his father."

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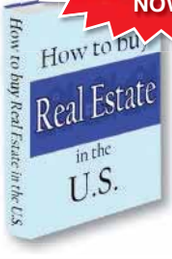

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Women's issues centre stage in presidential race

Battle brews. Women seen by both parties as key to winning the White House

The challenges facing American women have taken centre stage in the national political debate as President Barack Obama and Republican front-runner Mitt Romney do battle for the hearts and minds of the country's all-important female voters.

Romney's attempts to stop a growing deluge of women from choosing Obama were met with mockery on Sunday by Treasury Secretary Tim Geithner, who derided him for his claim last week that women accounted for a whopping 92 per cent of the jobs lost since the president took office.

"It's misleading and ridiculous," Geithner, making the rounds of the Sunday morning talk shows, said on CBS's Face the Nation. "It's just a political moment."

Geithner conceded that the second half of the recession involved more female job losses due to teacher and education-related layoffs precipitated by state budget cutbacks.

Barack Obama

It was mostly men, however, who found themselves out of work at the start of the recession in 2008, due to construction and manufacturing job losses, he said, meaning the pain was felt equally by men and women over the course of the economic downturn.

"The recession ... was already a year in the making before President Obama came into office," Geithner said.

"It's a meaningless way to look at the basic contours of the economy in that period of time, again because it starts artificially at a time when the president came into office and the crisis was still building momentum."

Politifact, a nonpartisan fact-checking organization, has in fact rated Romney's claim as "mostly false."

Nonetheless, the so-called "war on women" has become a flashpoint in the 2012 election campaign, even before Romney was all but assured the Republican nomination last week when his only real rival for the crown, Rick Santorum, dropped out of the party's presidential race.

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Latin America splits with Canada, U.S. on Cuba

Summit. Allowing Cuba to participate may undercut democratic gains in the hemisphere, experts argue

Foreign policy

- The Conservative government is trying to revitalize its five-year-old Americas Strategy, a policy of focused engagement in the region.
- Harper will fly to Santiago at the close of the summit for an official visit to Chile.

Prime Minister Stephen Harper came to the Summit of the Americas with the goal of bolstering ties with the booming region, but left Sunday on a discordant note because of his government's stance on Cuba's participation.

Canada and the United States stood alone in balking at an agreement to allow Cuba to attend future summits. That disagreement, and a lack of consensus on backing Argentina's claim to the Falkland Islands, scuppered a final declaration from the 31 participating nations.

Even the summit host, Colombian President Juan Manuel Santos, declared it to be "unacceptable" that Cuba not attend the next meeting three years from now. Other major players, such as Argentina and Brazil, have echoed the sentiment.

Harper emphasized that Canada has reached out to Cuba, and does not agree with the American embargo of the country. But he said Canada is sticking with the summit principles that state that members must be democracies — an idea that originated under Liberal prime minister Jean Chrétien during the Quebec City summit of 2001.

"While we don't support the position of isolating Cuba, we do believe that the Summit of the Americas should be restricted to democratic countries, and that Cuba should be encouraged to come as a democratic country in the future... and it's our contention that the Canadian policy is the way to get that kind of result rather than the policy pursued by our American friends," Harper told reporters.

What happens next is unclear. Santos said there would be a discussion on Cuba's participation at the summit three years from now, scheduled for Panama.

THE CANADIAN PRESS

Prime Minister Stephen Harper arrives for the second day of meetings at the sixth Summit of the Americas in Cartagena, Colombia, on Sunday.
ADRIAN WYLD/THE CANADIAN PRESS

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Retail kiosks gain momentum

Trend. Canadian retailers slowly beginning to embrace the move toward automated shopping

A growing number of retailers are installing automated kiosks in the corners of their stores, hoping to drive product sales for DVD rentals or even iPads in a space once reserved for dust bunnies and trash bins.

It's a trend that's gaining momentum in Canada after several years of success in the United States, where everything from soap to live bait has been sold out of the automated dispensers.

"Look at the advantage — you don't need a clerk and your rent is a fraction of the cost," said Shamira Jaffer, the founder and president of Signifi, a company based in Mississauga, Ont. that's developing the technology for the retail market.

Canadian businesses are taking a more conservative approach, choosing consumer favourites like DVD rentals to test the market, but creators of the kiosks are optimistic that this is just the start.

In Canada, all of the kiosk operators are private companies, so their revenues aren't made public, which makes it tough to determine whether Canadians are adopting the concept en masse. According to a report from Convergence Consulting Group, kiosks are just two per cent of the market in Canada.

Canadian Tire briefly tested the market with a handful of kiosks that sold clothing and accessories from its Mark's stores. One was placed at the highly trafficked Union Station transit hub in downtown Toronto, generating plenty of attention. But the kiosk didn't catch on and the retailer decided to retire the pilot project. THE CANADIAN PRESS

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Spain. King under fire for hunting trip

Spain's 74-year-old king came under scathing criticism Sunday for going on an expensive elephant hunting trip in Botswana amid the nation's deep financial woes.

Making matters worse, an accident on the trip sent King Juan Carlos into surgery. Doctors said Sunday that he was recovering well after a hip replacement but would not be able to resume full duties for more than a month.

Spanish newspapers were filled with accounts of how hunting trips to Botswana, where Juan Carlos fell, cost more than most Spaniards earn in a year. El Pais, Spain's leading newspaper, said the cost to arrange a hunting trip in Botswana to kill an elephant usually comes in at $57,850, about twice the country's average annual salary.

The accident happened Friday while the king was on safari in Botswana's northern region and he was immediately flown home by private jet. Juan Carlos had a hip replacement early Saturday, and by Sunday had begun walking with crutches, said Angel Villamor, a spokesman for San Jose hospital where the king is recovering. THE ASSOCIATED PRESS

Market Minute

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‘EVERYTHING’ SET TO HAPPEN UP ON A DOWNTOWN ROOF

URBAN COMPASS
Lia Grainger
toronto@metronews.ca

Climb the ladder that stretches up from the fifth floor of the Centre for Social Innovation at 720 Bathurst St., and you’ll emerge onto what is currently an empty black tar roof.

But if Torontonians Lauren Pirie and Natalie Boustead have their way, this vacant space will soon be an organic garden, classroom and event space, and will supply fresh produce to a farmers market and a café below.

“The Everything Roof will use art and design to promote sustainability,” says Pirie of this rooftop gardening initiative.

The 28-year-old designer and illustrator has been collaborating with urban gardener Boustead on artsy green initiatives under the label About Face Collective since 2009. When they heard the Centre for Social Innovation was opening up shop in the Annex, they pitched their idea for The Everything Roof, and were enthusiastically accepted as an incubator project at the centre.

According to Pirie and Boustead’s ambitious plan, local artists will build the rooftop garden out of recycled materials.

The Everything Roof

“We want to give artists the reins: Maybe they’ll build sculptural trellises for vertical gardening.”

Lauren Pirie, About Face Collective
On the rooftop gardening initiative planned atop the Centre for Social Innovation

“We want to give artists the reins: Maybe they’ll build sculptural trellises for vertical gardening,” says Pirie.

Once constructed, the garden will collaborate with Skate4Cancer, a cancer prevention initiative, to teach gardening and cooking classes to youth. There will be a stage built amongst the greenery so that the garden can host events, and the food produced will be sold at a downstairs farmers market and be used in the Annex Lounge Café below.

If it sounds unusual, it won’t be for long. Toronto recently became the first North American city to officially mandate green roofs, with a bylaw that comes into effect this April 30.

The environmental benefits of replacing a black tar roof with a green roof include lower utility bills for the building, a general cooling effect, cleaner air and water, and the provision of an oasis for birds and insects — and, of course, humans — in an otherwise concrete jungle.

“It will be open to the public to just go and hang out,” says Pirie.

The project has so far been granted $75,000 by Live Green Toronto. They’ve also raised $10,000 on the crowd-funding site Indigogo.com and, if everything goes according to plan, will continue to hold events through the spring for a summer build.

Want to get involved? Anyone interested in contributing or volunteering for The Everything Roof should visit Aboutface.com and get in touch.

The Everything Roof organizers Natalie Boustead and Lauren Pirie. DARLENE HUYNH

Harlistas wave the flag

FRANKLIN REYES/THE ASSOCIATED PRESS

Straw at attention

Cubans celebrate Harley Davidson

Bikers participate in a competition to place a single straw in a row of bottles during Cuba’s first national gathering in honour of the Harley Davidson motorcycle Saturday.

Cuban “hog” owners and enthusiasts gathered over the weekend in the tourist resort city of Varadero.

THE ASSOCIATED PRESS

Motorcycle mambo

Keeping ‘hogs’ on the street

Yaismer Escalona works on a Harley Davidson in Havana Friday.

Cuba’s “Harlistas” are just as passionate as their American counterparts, but like the owners of rumbling 1950s Detroit classic cars that still prowl the streets of Havana, vintage Harley fans have had to get creative to keep their bikes roadworthy. THE ASSOCIATED PRESS

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When board meets screen

Battleship, Milton Bradley's boredom, smiting, peg-in-board naval gazer, is being re-imagined as a $200 million intergalactic ship-sinking blockbuster, with Liam Neeson and Rihanna aboard. If Battleship floats at the box office, studios will be quick to green light a slew of board-meets-screen adaptation. We delved deep into the attic to dust off some rainy-day classics with the most cinematic potential.

MIKE DOJC
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Hungry Hippos

Elevator pitch: Anaconda Meets The Constant Gardener

Plot: While in Botswana, a World Health Organization scientist accidentally stumbles upon a topical cure for male pattern baldness while milking a hippopotamus on a dare. In an attempt to amplify the affect, the hefty herbivores are shot full of bovine growth hormones, which messes with their eyesight causing them to see human heads as mouth-watering spheres of white chocolate.

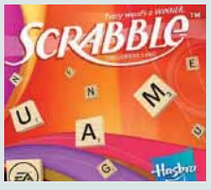
Stars: Megan Fox, Danny McBride and Seth Rogen

Connect Four

Elevator pitch: Bob & Carol & Ted & Alice meets Wanderlust

Plot: Two couples meet while on vacation in Tuscany, have too much Pinot grigio one night and end up experimenting in spouse swapping. While their friendship persists, the inebriated dalliance leads to therapy for one duo and a temporary break-up for the other. Will moving into a beach house in Malibu help this criss-crossed foursome pick up the emotional pieces of their scattered hearts?

Stars: Mark Ruffalo, Zooey Deschanel, Dax Sheppard and Kristen Bell



SVW: Scrabble versus Words with Friends

Elevator Pitch: Freddy vs Jason Meets The Social Network

Plot: A friendly game of Scrabble between a mother and her daughter goes awry after mama scores a bingo with a-b-u-s-i-v-e. Seven letter bonuses are only 35 points in the popular app but 50 points in the board game that inspired it. A generational pissing match ensues, pitting Coke against Coke Zero and buck and a quarter convenient store coffee against Starbucks.

Stars: Marissa Tomei, Selena Gomez and Mike Holmes

Jenga

Elevator pitch: Armageddon Meets Tetris

Plot: Set in Chicago in the summer of 2035, a trillionaire developer conceives a mega-condominium, quadruple the height of the CN Tower, assembled completely out of prefabricated modular units. Midway through construction the city is rocked by a 9.0 earthquake. A brave crew of super-crane operators from the army corp of engineers scramble to save the building from toppling by hoisting up the precariously balanced units and finding a new perch for them on the top of the building.

Stars: Tim Allen, Channing Tatum and Mike Holmes

Trivial Pursuit

Elevator Pitch: Saw meets Jeopardy

Plot: After a producer gets canned from the game-show network, he turns into a psychopath and begins pursuing former quiz show contestants. When he captures them he toys with them by forcing his victims to answer moderately difficult trivial questions like who won the World Series in 1994? If they know the answer he lets them off with just a wedgie. But if they get it wrong, then it's game over.

Stars: Alex Trebek and Justin Bieber

Zooey Deschanel

Channing Tatum

Will board-games business sink or sail?

Battleship. Hollywood film could be the marketing boost the board-games business needs to boost lacklustre sales

Battleship steams into movie theatres in the coming weeks, giving audiences the chance to decide whether a board-game-based movie is sea-worthy.

Whether the movie symbolizes Hollywood's lack of new ideas or its brilliance in adapting old ones, Comcast Corp.'s Universal Pictures is betting big that it's the latter.

With a reported production budget of $200 million, observers say it will need to reap at least $500 million at box offices worldwide to pay off.

For Hasbro, the movie is a way to get a globally marketed boost for its games business, which Sterne Agee analyst Margaret Whitfield called "stagnant" and lacking innovation.

Turning that stagnation around is a goal of Brian Goldner, Hasbro's CEO since 2008. He told investors in February "we're going to reignite our games business."

Quoted

"We're going to reignite our games business."

Hasbro's CEO Brian Goldner, reassuring investors that there are plans to reinvigorate the 'stagnant' board-game business.

If it succeeds, Battleship will be the advance guard of a whole fleet of planned adaptations of Hasbro games including Ouija, also being developed by Universal for release in 2013, as well as Risk and Candy Land, which are both in the works at Sony Corp.

THE ASSOCIATED PRESS

Battleship has a reported production budget of $200 million.
HANDOUT

2

SCENE

Box office

Fans still hungry for Games

Movie fans have chosen real violence over the slapstick variety as The Hunger Games held off The Three Stooges to remain the No. 1 weekend movie. Lionsgate's The Hunger Games, the blockbuster about teens competing in a televised fight to the death, stayed on top for a fourth-straight weekend with $21.5 million. That raises the film's domestic total to $337.1 million. Peter and Bobby Farrelly's slapstick update The Three Stooges opened in second place with $17.1 million, according to studio estimates Sunday. That was well above industry expectations of around $10 million for the 20th Century Fox update starring Chris Diamantopoulos as Moe, Sean Hayes as Larry and Will Sasso as Curly. Fox executives had figured the movie would appeal mainly to young males. But it also pulled in older men who grew up on the Stooges. The acclaimed horror tale The Cabin in the Woods debuted in third place with $14.9 million. A smart, twisting take on the genre produced and co-written by Joss Whedon (Buffy the Vampire Slayer), the long-delayed Cabin in the Woods had been one of the films caught up in MGM's bankruptcy but was finally released by Lionsgate.

THE ASSOCIATED PRESS

On the web

Ronnie Wood, members of The Faces donate band biography to newly opened Rock Hall archives

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Mark Deklin has a blast being 'one of the girls' on GCB

Coming out of the closet. Deklin plays a closeted gay man in series pilot; says character infused with his own personality

MEREDITH ENGEL
Metro World News in New York

GCB airs Sunday nights on CTV. HANDOUT

Mark Deklin's character on GCB, Blake, has a secret: He's gay. But that's not a spoiler — we found out in the pilot, and we also learn that his wife knows. How will this play out in the remainder of Season 1 of the new southern-fried hit? We hit up the actor — whose résumé also includes stints as a Greenpeace volunteer and an English teacher — for answers.

What can you tell us about the remainder of the first season?
We're gonna start to see who these people really are. For my character, as the season unfolds I get to do a lot more comedy. We spent the first half of the season really building my character's humanity, if you will, more than the humour, but by Episode 5 we sort of feel like we've earned the right to get a little wacky. That's one of the things I'm looking forward to because I had a lot of fun honing my comedy chops.

Do you consider yourself a naturally funny guy?
I do. I suppose that could be a matter of opinion. [Laughs] But I do think there's a certain science to comedy. So much of comedy is grounded in rhythm, timing. It's like music, and I have a musical ear. I know how to land it. I know what the comedy's asking you to do.

What's it like playing someone whose sexuality differs from your own?
One of the wonderful advantages of this particular role is [Blake's] not written as a stereotype. He's a closeted gay man, which is not something we've really seen a lot on TV. I didn't really quite know how to approach it, but what I've realized is I don't have to put anything on. No one looks at Blake and thinks he's gay. I don't play him as any kind of stereotype; I just sort of infuse my own personality into this character and give him a Texas accent.

There are a lot of pretty ladies on this show. How is it working with them on a daily basis?
It's wonderful being surrounded by so many beautiful ladies. When I come to work every day I'm surrounded by beauty. But the other great thing is they're all also really smart and really funny. It's also an interesting dynamic because I'm playing a gay character. Somehow because I'm the gay character on the show, I'm conferred with this almost honorary gay status, and so I get to almost be one of the girls. And it's really fun. I actually love it. I don't feel emasculated by it — I think it's wonderful.

So have you started indulging in girly treatments, like pedicures?
Oh, sure. Any actor who says they haven't is lying.

You used to be a Greenpeace volunteer. Why did you ultimately decide to do acting?
I was acting my whole life, but not professionally. I just never really took it seriously as a career option, so I was doing a whole bunch of other things out of college. Greenpeace was an organization I had always supported and a crazy opportunity came up. They were looking for rock climbers, and I'm a rock climber. I was visiting a friend in Boston, where they were interviewing, and I just felt, "well, I'm not employed right now," so I ended up working for Greenpeace. It wasn't really part of my master plan — it just sort of happened — but it was a very educational experience, and I felt good doing it.

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Angelina Jolie and Brad Pitt ALL PHOTOS GETTY IMAGES

Brad finally puts a ring on it

After six children and seven years together, Brad Pitt and Angelina Jolie are engaged to be married, a rep for Pitt confirmed in a statement.

"Yes, it's confirmed. It is a promise for the future and their kids are very happy. There's no date set at this time," the rep says.

Pitt reportedly popped the question with a $250,000 ring, according to Us Weekly.

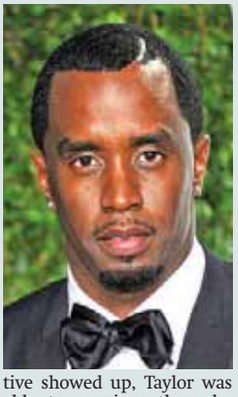
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Diddy's uninvited house guest

THE WORD
Dorothy Robinson
scene@metronews.ca



A 30-year-old man has been arrested for trespassing at Sean "Diddy" Combs' East Hampton mansion, where he reportedly ate the hip-hop mogul's food, drank his liquor, tried on some of his clothes and then slept in his bed, according to TMZ.com.

Quamine Taylor, who reportedly has a history of mental illness, entered the vacant house through an unlocked basement door and was there for 24 hours before tripping an alarm.

But when police and an alarm company representative showed up, Taylor was able to convince them he had permission to be there. It wasn't until a caretaker arrived and called the police back that Taylor was arrested. Combs' rep had no comment.

Poor Quamine. If only someone had tipped him off that Combs' mansion was NOT a Notorious B&B, he wouldn't be in this mess.

ScarJo opens up on 'horrible' divorce

Though she describes her split from ex-husband Ryan Reynolds as "comically amicable," Scarlett Johansson admits she's still reeling from her divorce.

"Of course it's horrible. It was devastating. It really throws you," she tells Vogue. 'You think that your life is going to be one way, and then, for various reasons or whatever, it doesn't work out."

Johansson also acknowledges her post-divorce relationship with Sean Penn for the first time, saying, "We spent time together, yeah. I never put a title on it, really, but we were seeing each other."

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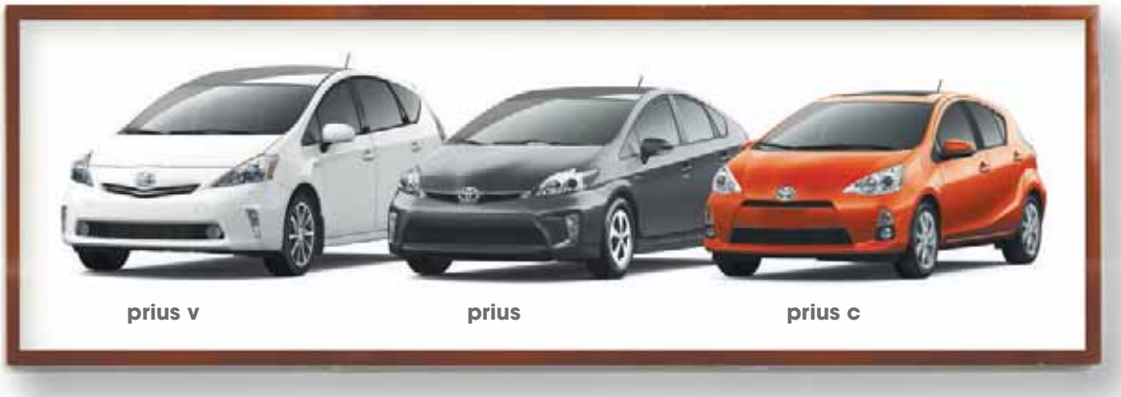

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3 LIFE

Girl power

Girl Guides gain business skills, self-esteem while selling cookies

Chocolate and vanilla sandwich cookies are on the menu as Girl Guides head out on their semi-annual selling spree. Girl Guide Cookies is the largest "girl-run" business in the country, Girl Guides of Canada said in a release. Each year more than 70,000 Girl Guides, from five-year-old Sparks to 18-year-old Rangers, gain financial literacy and business skills from selling cookies. Last year, members sold more than 112 million cookies, or 5,345,652 million boxes. "Each box of cookies sold supports dynamic Girl Guide programs and activities that encourage girls to develop their leadership potential, use their talents and push their boundaries while fostering their self-esteem," the organization said. THE CANADIAN PRESS

On the web

Fertility treatment bans in Europe drive future parents abroad, draw criticism

Just had a baby? Now munch on the placenta

Skin-care. More moms, including January Jones, are considering the benefits of their placenta, which many believe reduces the signs of aging and boosts energy levels

ROMINA MCGUINNESS
MWN in London, U.K.

Some mothers from all around the world have consumed their placenta for generations with little fanfare. Some say it's part of the natural process of giving birth that brings mother and child closer, others say it helps balance out hormones and fights postpartum depression, while some use it to fight aging.

But it was January Jones who made after-birth such a hot topic when she admitted that eating hers, post-baby, helped her get camera ready weeks after the delivery. And it's now not just consuming your own placenta for the benefits: beauty products are popping up with placenta as its main ingredient.

But some skin-care experts, such as Madonna's facialist, Michelle Peck, is skeptical.

"I'm not saying I'll never try placenta pills, I just need more convincing. I'd like to see more concise information to back the health claims," she says.

Mark Kristal, a behavioural neuroscientist at the University of Buffalo, agrees.

"Even though there are benefits to mammalian mothers that eat placenta at delivery, there is no scientific evidence that there are any benefits to humans."

He goes on to point out that all of the gushing reports about the benefits of placenta use have been based on anecdotes.

"I wouldn't recommend women take placenta pills, but that doesn't mean that at some time in the future, beneficial components might not be extracted or synthesized and administered medicinally," he adds.

Either way, the trend is picking up steam, and it's up to each mother to decide what's best for them.

January Jones: Could placenta pills help you look like this? GETTY IMAGES

Yay or Nay

PLACENTA PILLS, FACIALS AND HAIR CAPSULES

ROMINA MCGUINNESS
MWN in London, U.K.

YES

PILLS: If you're curious about taking it orally, you won't have to worry about weird side-effects. "It causes no allergic reactions or fatalities in mothers," says New York-based skin-care expert Carole Burns. "The only women who aren't good candidates are those with hepatitis A,B, or C and HIV/Aids."

FACIALS: "You can take the dried powder and place it into a gentle base such as pure olive oil and put it on your skin. It's good for skin conditions such as eczema," says Jodie Selander, founder of PlacentaBenefits.info. Meanwhile, those who have tried the placenta facials offered in spas claim that the treatment hydrates skin, reduces sun damage and leaves skin glowing. Jennifer Lopez, is rumoured to be a big fan.

HAIR CAPSULES: It's packed with protein, which repairs damage from heat, colour and perms.

NO

PILLS: You have to have a baby to try them. Once removed after the birth, the placenta is then cleaned, cooked, dehydrated and made into capsules that mothers are required to take daily or anytime they're feeling run down. So you're basically eating your after-birth, which is a skeevy thought. Plus, the medical world isn't sure about the results yet.

FACIALS: Did we mention that the placenta in those spa facials comes from sheep?

HAIR CAPSULES: The after-birth is taken from sheep, pigs and ox, which could make for a creepy thought the next time you're slathering on the hair treatment in the middle of your bath.

Parenting

Kid on a leash?

CAROLYN DREBIN
Mommyish.com

Since having kids, I've been freaked out by traffic. Parking lots, busy streets, even driveways have become safety hazards for me when I'm out with my children.

When each boy started nursery school, they developed an insatiable appetite for freedom. The preferred destination? Parking lots. I remember picking up my eldest, now nine, from school and within seconds of leaving the building, he'd be heading straight into the carpool lane. Needless to say, the vice-grip-hand-hold became de rigueur. It was a phase he eventually grew out of — but not before teaching his younger brother exactly how it was done.

And so, by the time my second son, now 7, started nursery, he too hit the streets whenever possible. But with him, I was prepared. My quick-draw-McGraw reflex to grab him surprised even myself. But what was I going to do? Use a leash? No way. I'd seen those parents. The relaxed ones. The ones walking through malls, airports, even parks, while their little ones meandered happily. On their leashes. I couldn't help but stare. And judge. These were children, not pets.

And then my 3 year old discovered the joys of the open roads. A few weeks ago he disappeared. My husband and I had taken separate cars to a party. My son insisted on going home with his daddy, so I left. Moments later my man called, asking me if I'd taken our youngest son home. Luckily, the mad dasher was found by a lovely woman.

I'm now reconsidering my view on the leash.

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Hearty, healthy and light

This recipe serves six. THE ASSOCIATED PRESS H/O

German Pork Stew.

You don't have to ruin your diet to enjoy a hearty meal

It's still cold out. You want something hearty. But you're also trying to eat better and don't want to ruin your diet by diving into a cream-laden casserole.

A lean stew may be just the thing you need. Instead of being heavy, it's hearty with virtuous veggies, lean protein and warm seasonings.

1. Cut tenderloin into slices 4 cm (1 1/2 inches) thick. In a bowl, toss sliced pork with olive oil.

2. Heat a large saucepan over medium-high. Add pork and brown, 2 to 3 minutes per side. It does not need to cook through. Add onion and leeks and continue to cook until vegetables soften and begin to brown, 5 to 6 minutes.

3. Add caraway seeds, fennel seeds, celery seeds, mustard, black pepper, orange zest, orange juice and chicken broth. Bring to a boil, cover and reduce heat to maintain a simmer. Cook until pork is very tender, 15 to 20 minutes.

4. When pork is tender, use a slotted spoon to remove meat from liquid. Using 2 forks, shred pork to bite-size chunks, then return it to the pot. Add sweet potato, cabbage and celery. Continue to simmer until vegetables are tender, about 15 minutes. Season with salt.

5. In a small bowl, stir together yogurt, ketchup and relish. Serve stew topped with a dollop of the yogurt mixture and a sprinkling of fresh dill.

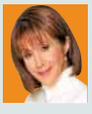
THE ASSOCIATED PRESS

Ingredients

- 500 g (1 lb) pork tenderloin, trimmed of fat
- 5 ml (1 tsp) olive oil
- 1 medium yellow onion, diced
- 2 leeks, white parts only, sliced
- 10 ml (2 tsp) caraway seeds, crushed
- 5 ml (1 tsp) fennel seeds, crushed
- 1 ml (1/4 tsp) celery seeds
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) ground black pepper
- Zest and juice of 1 orange
- 1 l (4 cups) low-sodium chicken broth
- 1 large sweet potato, peeled and diced
- 375 ml (1 1/2 cups) shredded cabbage
- 2 stalks celery, diced
- Salt, to taste
- 125 ml (1/2 cup) fat-free plain Greek-style yogurt
- 30 ml (2 tbsp) ketchup
- 30 ml (2 tbsp) sweet pickle relish
- Chopped fresh dill, to garnish

Healthy eating

Choose it and lose it



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Many people turn to Tim Hortons for a quick lunch, but the wrong choice can pack a real sodium punch. Here's what to watch for.

Ham and Swiss Sandwich

370 calories / 11 g fat / 1,180 mg sodium
This classic sandwich consists of salt-filled smoked ham and Swiss cheese, which is the reason you're getting ¾ of a day's worth of sodium. The ranch dressing also added increases the calories and fat.

Equivalent

Equivalent to almost two boxes of Triscuit crackers in sodium.

BBQ Chicken Wrap

190 calories / 4.5 g fat / 630 mg sodium
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Ruth burned away her belly-fat and fits into her wedding dress again!

Ruth feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Ruth's story

"After having 5 children, I had a hard time burning that extra fat. As the years progressed, I never viewed myself as being overweight, but I always struggled with fat on my stomach. At 55, I found myself constantly dressing to disguise my belly, staying away from tight clothes and the like.

People noticed my new figure

I read about **Chili Burn** in a magazine and thought I'd give it a try. I purchased the supplement at my local pharmacy and started taking it in July 2011. Now, 6 months later I have lost my belly fat and people really notice it. They all want to know my secret, so I recommend **Chili Burn** to family, friends, and acquaintances and really encourage them to try it out. This product will suit anyone who would like to burn fat with natural ingredients and be side effect free. I highly recommend it."

Ruth Veldstra, Hagersville, Ontario

Don't be fooled by other products:

Look for the New Nordic silvertree logo. All fat burners are not alike and Chili Burn is the only one with this composition. It's imported from Scandinavia.

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Queen of Green

Something borrowed, something green

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What can I do with my old wedding dress?
Jackie of Vancouver

Have you ever heard of upcycling? It's a form of recycling.

You take something that you might have otherwise thrown out and find a way to make it new again!

First, take your old dress and have it wet-cleaned — dry cleaning's greener cousin that doesn't use harsh chemical solvents.

Then find a seamstress to update the style.

A good seamstress can shorten or dye your dress after the big day so it can be worn again.

If your dress is quite dated, perhaps there are only components that might be re-purposed, like the skirt or veil.

If your dress is from a more recent era, check out SmartBrideBoutique.com (@Smartbride on Twitter).

They consign dresses online, making it easy to find a home for your old dress or shop for a new one.

Today's green brides can also choose from eco-friendly organic cotton, linen, vintage lace or silk.

And locally produced is best.

Dresses labelled Made in the U.S. or Europe may actually originate somewhere else.

They just get shipped to the claimed location for "finishing."

Look for a label sewn in.

And choose eco-friendlier silks — they're less processed and rougher in texture.

Peace silks are often the most sustainable.

The moth leaves its cocoon and lives out the last five days of its 70-day life cycle.

The silk is collected and woven on hand looms, mostly throughout northern India.

Many small villagers still harvest wild silks — often a natural golden colour.

Standard factory silk is the most processed of all of them.

Worms are hatched inside large warehouses and fed mulberry leaves.

Once the cocoons are complete — before the moths escape — they're boiled. This "natural fibre" never sees the light of day.

There are lots of options for dealing with your old wedding dress. ISTOCK PHOTOS

For more information of smaller power grids, check out smart-microgrid.ca. ISTOCK PHOTOS

Smaller power grid, surer power

Go smarter, go smaller. The future is now with the advent of microgrids that will replace aging infrastructure

BEN KNIGHT
life@metronews.ca

One of the biggest problems facing our current electrical grid is its sheer size. Continent-spanning transmission grids require huge amounts of aging infrastructure, and waste eight per cent of all electrical power just moving it from one place to another.

The brilliant and imminent solution? Go smarter — and smaller.

"The whole idea of smart microgrids basically came to the fore when the utilities started looking at the possibility of overhauling their systems with new technologies and approaches," says Dr. Hassan Farhangi, director of the Group for Advanced Information Technologies at the British Columbia Institute of Technology (BCIT).

Numbers

67%

Amount of energy wasted as heat when carbon-based fuel is converted into electricity at a conventional power plant.

"One of the most important aspects of microgrids is service surety. You have a level of reliability that is unprecedented."

A smart microgrid is small and self-contained. It can include its own generation capacity — solar or wind, most likely. While it is connected to the larger grid, it will — in the near future — be able to function on its own.

"BCIT has a large campus in Burnaby with over 60 buildings," Farhangi says. "For the last five years, we have worked to convert this campus into a smart microgrid. The skeleton of a smart microgrid is already operating on campus."

The work is still in progress. BCIT consumes six megawatts annually, and is presently producing less than one. But all the technology needed to take this forward already exists.

"Microgrids are really a convergence of information technology, communications technology and power systems. These existing technologies need to be re-engineered and repurposed for application within a microgrid."

The potential savings are impressive. Farhangi notes that, in a conventional fossil-fuel generating plant, only 33 per cent of the available energy is actually converted into electricity. In a vastly smaller microgrid, this lost heat can be captured and distributed as power.

"Like any electrical system, microgrids are not immune from the well-known faults that you can have," he explains. "But the beauty of this is that any fault that happens is contained locally, and does not contribute to a domino-style of catastrophe across the entire system. If something happens, it's local and you deal with it locally."

For now, this is mostly in the future. But it's a future that will be arriving soon.

"Microgrids are up and coming," Farhangi says. "And investment across the country will be growing."

Andrew Dorfman takes a break from his alter ego, PigMonkey, in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

Pitting geeks against the nerds

Live comedy-debate. Halifax improv show has contestants throw down for the honour of being the geekiest

It's long been the clichéd and tired symbol of bespectacled, pen-toting geeks.

So when comedian Andrew (PigMonkey) Dorfman set out to create Geeks versus Nerds, a live comedy-debate show in Halifax, he decided to reclaim the pocket protector for every self-professed nerd out there.

"We're taking it back!" says Dorfman, sporting a black T-shirt bearing the show's logo: the outline of a white pocket protector, replete with pen and pencil.

"I like challenging people's presumptions."

Raised on comic books and science fiction, Dorfman, 39, is among an aging generation of self-described geeks and nerds who are proudly embracing their quirks and obsessions.

Dorfman came up with Geeks versus Nerds in 2008 after musing about who would win in a fight: Boba Fett from Star Wars or Batman, the Caped Crusader.

The show, held monthly at Dalhousie University and recorded for podcasts, pits panellists against each other as they debate the merits of superheroes, villains and everyone in between.

More than 100 fans typically show up to cheer on their pick, whether it's the best modular hero (Marvel's Iron Man versus Transformers' Optimus Prime), or the whiniest teen prodigy in space (Anakin Skywalker of Star Wars versus Wesley Crusher of Star Trek.)

The goal was to reach out to like-minded people and bust stereotypes.

"If you listen to the show, you will learn that geeks are eloquent, they're smart, they're funny," says Dorfman, the show's host and producer.

"They're just really good people who cross all stratum of society and you wouldn't know."

With the popularity of sitcoms featuring nerdy characters, series that delve into the realm of fantasy and science fiction, and conventions like Comic-Con, some say geeky has finally gone mainstream.

As a high school student in the late 1990s, Florence Hansen lamented the lack of nerdy knick-knacks available in New Brunswick and longed for anything related to science, comic books or video games.

She just didn't talk about it.

"Back in the day it wasn't popular, so I kinda kept it on the down low," Hansen, 30, says with a laugh. "But I was always a geek at heart."

Four years ago, Hansen and her science fiction-loving husband, Luke, opened the Geek Chic Boutique in downtown Fredericton in the hopes of drawing out closeted nerds.

The shop — which proudly dubs itself the geekiest store in Canada — sells everything from Battlestar Galactica board games to belt buckles that look like original Nintendo controllers.

"Geeks are becoming popular," says Hansen. "There's been a huge response, from four-year-old kids to people in their '90s. We seem to have a huge geek population that supports us."

THE CANADIAN PRESS

Geeking out

Dorfman attributes much of the progress to the fact that geeks have grown up and are now the power spenders of society.

- **It's a geeks world.** An entire generation who got hooked on Star Wars as children and devoted hours to playing Dungeons & Dragons are now adults who are no longer inhibited by insecurity and school bullies. Furthermore, Dorfman says grown-up geeks want to spend money on geeky things.

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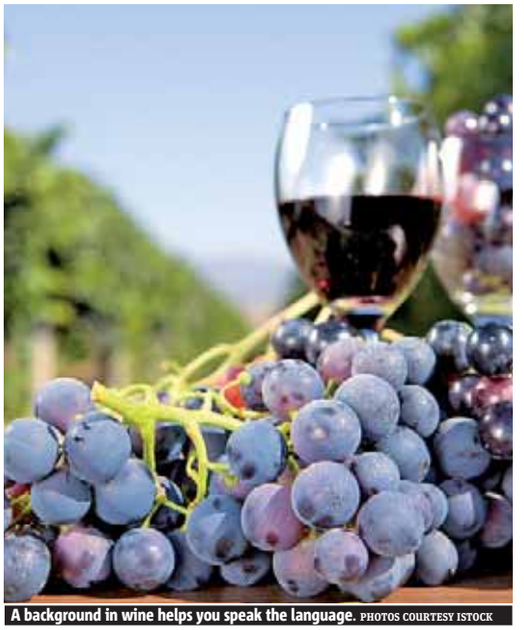

A background in wine helps you speak the language. PHOTOS COURTESY ISTOCK

Raising a glass. The wine industry requires a special knowledge base, apart from a business education

BRUCE WALSH
Metro World News

Twelve years ago, Liz Thach left her career in corporate human resources, moved to Sonoma Mountain, Calif., and started a new career in the wine industry. Currently, she is professor of management and wine business at Sonoma State University.

She gave us the low-down on all things wine.

What's the best way to get started in the industry?
There are many jobs in the industry that are not at a winery: wine shops, restaurants, distribution, suppliers...

It tends to be a small family-oriented business, so developing relationships goes a long way.

Developing a background in wine helps you speak the language.

Continuing education is a wonderful start (see sidebar).

If you want to be a winemaker, you're going to have to get a degree in it or work your way up as an apprentice.

Working in a tasting room is one of the best places to start.

Why does the wine industry require a special knowledge base, apart from a standard business education?
There are more than 60,000 different wine labels out there.

There's no other industry that can be so confusing, from a marketing and sales standpoint.

Music is the only industry with more labels than wine. Plus, it's a regulated industry.

How is the culture of the industry different from the typical business environment?
So many people want to work in the industry because of the romance associated with wine and the beauty.

It doesn't pay as much as high-tech or biotech. But most vineyards are in the most beautiful places in the world.

Lovely buildings, nice architecture. It's a nice lifestyle. So there's a trade-off there.

Know your grapes

Programs in winemaking

- **Degrees.** Cornell, Fresno and University of California, have revered programs in winemaking at the bachelor and master's levels.
- **The Society of Wine Educators .** www.societyofwineeducators.org is a non-profit that specializes in certifying wine specialists at various levels..

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Act, don't plan, when it comes to your future, says new book

This book encourages people embarking on a new career to embrace uncertainty. COURTESY ISTOCK IMAGES

Careers. An inspiring and educational read for anyone who wants to work in a field that they're passionate about

Charles F. Kiefer co-founded Innovation Solutions in 1976, a management consulting company that became a forerunner of organizational learning philosophies in business.

Now Kiefer – along with co-writers Leonard A. Schlesinger and Paul Brown – has developed a new strategy. But this one isn't for the C-suite. Their new book, Just Start: Take Action, Embrace Uncertainty, Create the Future, is a message for anyone attempting a career in a field they're passionate about.

The inspiration came in 2010, when Kiefer read Sara D. Sarasvathy's Effectuation: Elements of Entrepreneurial Expertise.

"I was 50 pages in, and it was really the most dense, unreadable book I think I've read in my professional career – and this is coming from someone with a degree in theoretical physics from MIT!" explains Kiefer. "But at some point the bell went off in my head and I said, 'This is really the best, most insightful explanation of who an entrepreneur is, that I've ever read.'"

BRUCE WALSH LIFE@METRONEWS.CA

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Debbie Reynolds, at 80 years old, is still performing. H/O

A Hollywood legend on surviving constant change

Debbie Reynolds. At 80, she's learned something about getting the most out of life at any age

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Debbie Reynolds' career as an actress and singer has spanned six successful decades. Now as she turns 80 she is still entertaining and will be coming to Toronto on May 3rd to be the guest speaker at the March of Dimes Ability and Beyond Gala. As she looks back on her life and career, she says resiliency and being able to adapt are keys to long-term success.

"I think I am most proud of my ability to survive and live through each changing decade."

"America's Sweetheart" burst onto the Hollywood scene in the 1950's after leading roles in the musicals Singing in the Rain and Tammy and the Bachelor. As her star rapidly climbed in Hollywood, her marriage to singer Eddie Fisher famously dissolved after he fell in love with Elizabeth Taylor. Two more marriages over the years would end, leaving her in financial ruin.

"I constantly had to adapt, have patience and love to get through each challenging era and to maintain my sanity!"

She also took care of her family members as they aged and grew ill.

"My grandmother and grandfather lived with us and when I was 14, my mother started getting ill, having seizures and heart trouble, so I began to take care of her. I looked after my mother-in-law until she was 97 and my drama coach until 96. If people can stay in their own familiar, loving surroundings, they do much better than if they're feeling abandoned. And that is what March of Dimes does for the people it serves; it helps care for people, and keeps them in their homes. On May 3rd we'll share our experiences and our happiness, our trials, our tribulations and be together for that moment in life, and I think we'll all come out better and we'll have a wonderful time."

Gala

Debbie Reynolds will be guest speaker at the March of Dimes Ability and Beyond Gala, Thursday, May 3rd, at the Fairmont Royal York.

- **For tickets.** Contact Linda Yielding (416) 425-3463 ext. 7290.

Reynolds' marriage to singer Eddie Fisher was famously ended by his affair with Elizabeth Taylor, left. ASSOCIATED PRESS/FILE

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VOLUNTEER WEEK

National Volunteer Week honours the 12.5 million volunteers who give of their time and energy in a multitude of areas that include, but are not limited to, community health, sports and recreation, heritage and arts, environmental causes, disaster relief and international development. The list is virtually endless.

National Volunteer Week takes place from April 15-21. This year is the 68th annual event and as Canada's largest celebration of volunteerism, it's when registered charities, not-for-profit organizations and volunteer centres pause to thank and recognize their volunteers.

VOLUNTEERS FILL OTHERS WITH SENSE OF GOODWILL AND HOPE

Volunteering is the glue that holds a community together.

And it can be argued that communities today are only as healthy as the scope and sophistication of their volunteer efforts.

Giving of your time and effort allows you to better connect with the people in your neighbourhood or community. Who knows? By volunteering at, say, the local humane society you have opened the door to building valuable friendships with like-minded animal lovers.

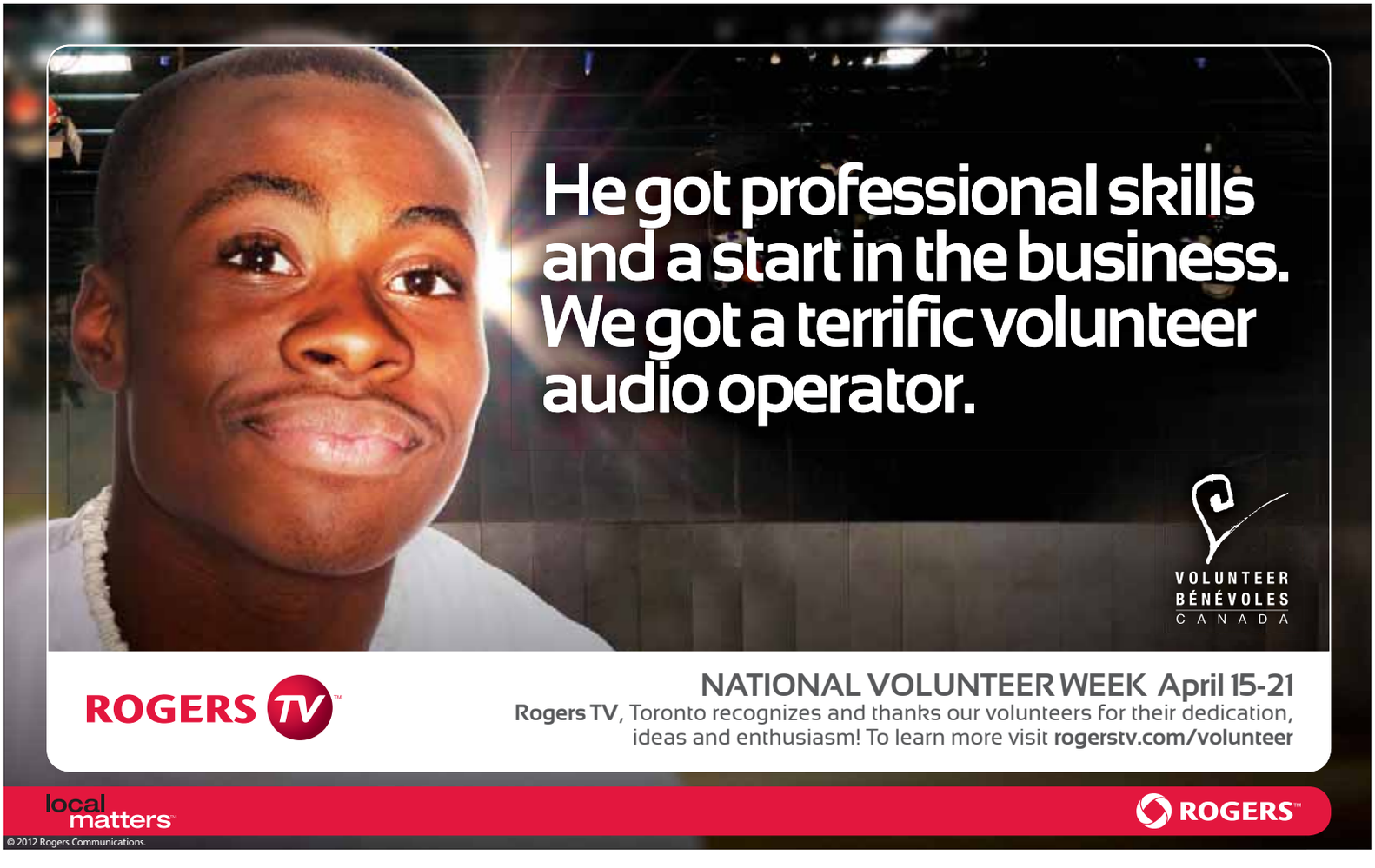
Volunteering is infectious as it fills others with a sense of generosity, goodwill and hope. When we see concerned citizens give of their time, effort and possessions, we become inspired and touched by their selfless good deeds. At the same time, when we see how difficult life is for those in need, we can't help but be thankful that our lives aren't as dire.

It's also a terrific builder of self-esteem, self-respect and confidence. Let's face it, philanthropy makes people feel good about themselves.

The act of giving is validating to both the giver and receiver. It shows us the world is generally a good place filled with humane people who care about friends, neighbours and even strangers.

Volunteering can also help you build upon the skills and talents you already have. What better way to improve your abilities than by using them to benefit the greater community?

Whether you are selling raffle tickets for a draw, helping run a small agency as a board member or serving food to the needy, remember that your efforts not only serve to inspire you, but others as well. There's nothing like starting a rippling effect of kindness. *– Kelly Putter*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4
SPORTS

Quoted

"We're approaching it that the 13 (healthy) guys we have now are who we're going to have the rest of the season and in the playoffs."

Orlando Magic coach Stan Van Gundy saying Sunday that he's preparing to play the rest of the regular season and playoffs without Dwight Howard. The star centre missed his fourth straight game with a back injury Sunday, a 100-84 Magic win over the Cleveland Cavaliers. He was diagnosed with a herniated disk last week. Howard will rest the injury for 10 days and then be re-evaluated. Van Gundy said before Sunday's game that he would consider it a bonus if Howard or forward Hedo Turkoglu, who is sidelined with a facial fracture, return at some point this season.

On the web

The Roger Clemens perjury trial is set to return to court Monday, nine months after prosecutors made a gaffe that led to a mistrial. U.S. Judge Reggie Walton said it was a mistake even a "first-year law student" wouldn't make. Scan the code for the story.

Pittsburgh's Sidney Crosby squares off with Kimmo Timonen in Philadelphia on Sunday. BRUCE BENNETT/GETTY IMAGES

Flyers grab Pens by scruff of the neck

NHL. Briere, Read, Talbot each score twice as Philly puts Pittsburgh on brink of elimination

Fists were flying faster than shots on goal. Sidney Crosby and Claude Giroux even became knotted in the pushing and shoving, a pair of stars willing to mix it up to prove which team was the baddest on the ice and the scoreboard.

The Penguins and Flyers talked trash, laid the smack down, and played one wildly entertaining game. The result was still the same. The Flyers rallied from another early deficit for a Game 3 win that put them on the brink of a sweep.

Game 3

8	4
Flyers	Penguins

Danny Briere, Matt Read and Max Talbot each scored twice to lead Philadelphia to an 8-4 win over Pittsburgh on Sunday.

Giroux and Wayne Simmonds also scored to help the Flyers take a 3-0 lead in the combustible best-of-seven series. Game 4 is Wednesday in Philadelphia. The Flyers scored 20 goals in the first three games.

"Our goal is to finish it right away," Briere said.

Quoted

"You can make a story all you want about us getting frustrated. They're doing the same things we are. It's intense."

Penguins captain Sidney Crosby, insisting his team isn't getting rattled in the physical series.

The goals might be hard to find on a highlight reel. Three players were tossed in the first period. There was a rare fight between superstars when Crosby squared off against Giroux.

No one got the better end of that scrap. But by the end, Flyers fans serenaded the Penguins with chants of "you can't beat us!"

"All three games were kind of weird games," Giroux said. "I guess I like weird games because we always finish by winning."

Jordan Staal and James Neal scored twice for the Penguins. Marc-Andre Fleury was benched after allowing six goals in two periods. He has allowed a whopping 17 goals through Game 3. Coach Dan Bylsma said Fleury would start, "the next four games."

Hard to imagine at this rate, especially with NHL scoring leader Evgeni Malkin yet to score a goal for the Penguins.

THE ASSOCIATED PRESS

NHL

Blues turn to Elliot with Halak ailing after hit

Star goalie Jaroslav Halak will miss Game 3 of the St. Louis Blues first-round series against the San Jose Sharks because of a lower-body injury.

Coach Ken Hitchcock ruled Halak out of Monday night's game in San Jose because of the hard hit he took from teammate Barret Jackman in the second period Saturday night in a St. Louis' 3-0 win that tied the series at a game apiece.

THE ASSOCIATED PRESS

Jaroslav Halak is tended to by a Blues trainer on Saturday. CHRIS LEE/ ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

NBA

Heat handle Knicks in Big Apple

The Miami Heat finally came to Madison Square Garden, a sea of orange surrounding them in what looked like a playoff game.

LeBron James had 29 points and 10 rebounds, Dwyane Wade added 28 points and nine boards, and the Heat overcame Carmelo Anthony's 42 points to beat the New York Knicks 93-85 on Sunday to clinch the Southeast Division title.

The Heat's lone game in New York came with the compressed regular season coming to a close — and with the chance they'll be back to face the Knicks for the playoffs soon.

THE ASSOCIATED PRESS

Jays' Drabek 'real happy' with early results

Kyle Drabek works against Baltimore in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

Toronto Blue Jays right-hander Kyle Drabek no longer pitches with the mentality of a middle linebacker.

The 24-year-old allowed six hits, one walk and two runs, one earned, over 7 1/3 innings, the longest of his 19 major-league starts in a 9-2 win over the Baltimore Orioles Sunday.

"I had to try and change up to quarterback and think more and make the right decisions," said Drabek.

Drabek, who was a receiver when he played football, also worked on his pitching mechanics during spring training.

And that might be the biggest change in him this year.

Sunday's game

9	2
Blue Jays	Orioles

He has now won two straight starts for the first time in his MLB career and lowered his earned-run average to 1.42.

"When he pitched more like a middle linebacker that intensity worked against him," said Blue Jays manager John Farrell. "You see frustration from him every now and then but he has the wherewithal to step back, regroup and kind of release some of that tension."

Drabek used his two-seam fastball, curveball and changeup to keep the Orioles at bay.

"Last year I changed up my mechanics four or five times," Drabek said. "When I came to spring training they found the one they wanted me to try that was kind of easy. It was hard at first but I'm real happy with where it's at right now."

Brett Lawrie of Langley, B.C., had a solo home run and drove in three runs as Toronto (5-4) salvaged one win from its three-game series with Baltimore.

THE CANADIAN PRESS

Raptors impress against Hawks

NBA . Toronto cruises to another victory playing without its leading scorer, using call-ups

Sunday's game

Raptors	Hawks
102	86

Atlanta Hawks' Jeff Teague, lower left, collides with Toronto Raptors' Ben Uzoh Sunday in Atlanta. DAVID GOLDMAN/THE ASSOCIATED PRESS

It is confounding and utterly unexpected and highly unlikely, but what's going on with the Raptors is making them feel pretty good about themselves as a tough NBA season moves closer to its conclusion.

Once again reduced to using three players on 10-day contacts for extended minutes, and still missing their top scorer and most calming influence, the Raptors marched into Atlanta on Sunday night and registered an impressive 102-86 win over the Hawks.

DeMar DeRozan and Alan Anderson (one of the three guys whose 10-day contracts expire on Monday) led a patient, efficient offence that dulled the game and allowed the Raptors to lead from start to finish.

The victory, following one just as unlikely with the same crew against Boston on Friday night, gives Toronto a 22-39 record.

DeRozan had 23 points, Anderson 16 and a trio of other Raptors were in double figures as Toronto shot better than 50 per cent from the field.

James Johnson, once again playing under control, had 15 points off the bench while Ed Davis, Ben Uzoh and Justin Dentmon had 10 each.

The Hawks, entirely disinterested from the opening tip, got 26 points from Josh Smith but played so horribly for most of the night, it's shocking they are anywhere close to thinking about home-court advantage in the first round of the playoffs.

Playing once again with a makeshift lineup that included two D-League call-ups sharing the point guard duties, the Raptors were patient on offence and efficient on defence, playing exactly the kind of game coach Dwane Casey wanted.

"We can't come out and run up and down the court with these guys," he said before the game.

Defensively, the Raptors were as good Sunday as they were Friday. They took Joe Johnson (2-for-12) right out of the game and Atlanta's starting back-court of Jeff Teague and Kirk Hinrich had a combined four points. TORSTAR NEWS SERVICE

Wins' column

This group of Raptors has now won as many games (22) in this truncated season as they did in an 82-game campaign a year ago.

IIHF. Encouraging signs of parity at women's worlds

Women's hockey took modest steps towards parity at the 2012 women's world championship.

International Olympic Committee president Jacques Rogge said at the 2010 Winter Olympics the sport needed to become more competitive after seeing scores of 18-0 and 13-0.

"There must be a period of improvement," the head of the IOC said. "We cannot continue without improvement."

The threat implied in those words galvanized the International Ice Hockey Federation to establish a multi-platform, $2.1-million plan.

The IIHF needs to get more females in the game worldwide to reduce gaps in international tournaments in time for the 2014 Games in Russia. Two years into the program there are signs of change.

The number of one-goal games increased from four at the 2010 Olympics to 10 at the world championship in Burlington, Vt.

Four-goal games dropped from 11 to eight. Overall goal differential in the tournament shrunk from 112 in the 2010 Olympics to 79 in Burlington.

"The close scores we've had in the games below the top two countries, Canada and the U.S., are really quite gratifying," IIHF vice-president Murray Costello said prior to the gold-medal game Saturday.

Hayley Wickenheiser celebrates Canada's gold-medal win over the U.S. Saturday. THE CANADIAN PRESS FILE

Switzerland won a medal for the first time, defeating Finland 6-2 for bronze. The Swiss hosted the world championship last year in Zurich for the first time.

"It shows with heart and dedication even small countries can win big games," Swiss assistant coach Michael Fischer said.

While the world order shuffled from positions three to eight. Canada and the U.S. remain far out in front. Canada edged the U.S. 5-4 in overtime for gold Saturday.

THE CANADIAN PRESS

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EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)
(Series tied 1-1)
Saturday's result
Ottawa 3, NY Rangers 2 (OT)
Tonight's game
N.Y. Rangers at Ottawa, 7:30 p.m.
Wednesday's game
N.Y. Rangers at Ottawa, 7:30 p.m.
BOSTON (2) VS. WASHINGTON (7)
(Series tied 1-1)
Saturday's result
Washington 2, Boston 1 (2OT)
Tonight's game
Boston at Washington, 7:30 p.m.
Thursday's game
Boston at Washington, 7:30 p.m.
FLORIDA (3) VS. NEW JERSEY (6)
(New Jersey leads series 1-0)
Last night's result
New Jersey at Florida
Friday's result
New Jersey 3, Florida 2,
Tomorrow's game
Florida at New Jersey, 7 p.m.
Thursday's game
Florida at New Jersey, 7 p.m.
PITTSBURGH (4) VS. PHILADELPHIA (5)
(Philadelphia leads series 3-0)
Yesterday's result
Philadelphia 8, Pittsburgh 4
Friday's result
Philadelphia 8 Pittsburgh 5
Wednesday's game
Pittsburgh at Philadelphia, 7:30 p.m.

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8)
(Los Angeles leads series 2-0)
Last night's result
Vancouver at Los Angeles
Friday's result
Los Angeles 4, Vancouver 2
Wednesday's game
Vancouver at Los Angeles, 10 p.m.
ST. LOUIS (2) VS. SAN JOSE (7)
(Series tied 1-1)
Saturday's result
St. Louis 3, San Jose 0
Tonight's game
St. Louis at San Jose, 10 p.m.
Thursday's game
St. Louis at San Jose, 10:30 p.m.
PHOENIX (3) VS. CHICAGO (6)
(series tied 1-1)
Saturday's result
Chicago 4, Phoenix 3 (OT)
Thursday's result
Phoenix 3, Chicago 2 (OT)
Tomorrow's game
Phoenix at Chicago, 9 p.m.
Thursday's game
Phoenix at Chicago, 8 p.m.
NASHVILLE (4) VS. DETROIT (5)
(Nashville leads series 2-1)
Yesterday's result
Nashville 3, Detroit 2
Friday's result
Detroit 3, Nashville 2
Tomorrow's game
Nashville at Detroit, 7:30 p.m.

SATURDAY

SENATORS 3, RANGERS 2 (OT)

First Period

1. N.Y. Rangers, Stralman 1 (Girardi, Anisimov) 10:11 (pp)

Penalties — Carkner Ott (instigator, fighting, game misconduct), Dubinsky NYR (roughing, game misconduct) 2:15, Neil Ott, Boyle NYR (fighting) 8:17, Gonchar Ott (tripping) 8:32, Prust NYR (hooking) 11:58, Phillips Ott (elbowing) 19:07.

Second Period

2. Ottawa, Karlsson 1 (Kuba) 13:50 (pp)

Penalties — Kuba Ott (high-sticking) 3:58, Hagelin NYR (elbowing major) 10:32, Richards NYR (roughing) 15:50.

Third Period

3. N.Y. Rangers, Boyle 2 (Fedotenko, Del Zotto) 2:41

4. Ottawa, Foligno 1 (Konopka, Turris) 15:23

Penalties — None.

First Overtime

5. Ottawa, Neil 1 (Cowen, Smith) 1:17

Penalties — None.

Shots on goal by

Ottawa	10	10	10	2—32
N.Y. Rangers	10	12	7	0—29

Goal — Ottawa: Anderson (W,1-1-0); N.Y. Rangers: Lundqvist (L,1-1-0). **Power plays (goals-chances)** — Ottawa: 1-4; N.Y. Rangers: 1-4.
Referees — Stephen Walkom, Ian Walsh.
Linesmen — Derek Amell, Brian Murphy.
Att. — 18,200 (18,200) at New York.

FRIDAY

KINGS 4, CANUCKS 2

First Period

1. Los Angeles, Brown 2 (Kopitar) 19:51 (sh)

Penalties — Bieksa Vcr (interference) 8:34, Martinez LA (holding) 13:01, Mitchell LA (holding) 17:54.

Second Period

2. Vancouver, Hansen 1 (H.Sedin) 0:17

3. Los Angeles, Brown 3, 5:17 (sh)

Penalties — Mitchell LA (holding) 4:59, Williams LA (tripping) 11:10.

Third Period

4. Los Angeles, Stoll 1 (Williams, Brown) 8:30 (pp)

5. Los Angeles, Lewis 1 (Penner) 14:51

6. Vancouver, Pahlsson 1 (Ballard, Raymond) 16:22

Penalties — Ballard Vcr (cross-checking) 7:03, Kesler Vcr (roughing) 10:05, Brown LA (unsportsmanlike conduct), Doughty LA (roughing), Hansen Vcr (double roughing, misconduct), Burrows Vcr (unsportsmanlike conduct) 12:42, Lapierre Vcr (misconduct) 15:14, Scuderi LA (cross-checking) 18:16.

Shots on goal by

Los Angeles	11	6	10	—27
Vancouver	10	15	23	—48

Goal — Los Angeles: Quick (W,2-0-0); Vancouver: Luongo (L,0-2-0).
Power plays (goals-chances) — Los Angeles: 1-4; Vancouver: 0-5.
Referees — Chris Lee, Wes McCauley. **Linesmen** — Derek Amell, Scott Cherrey.
Att. — 18,890 (18,890) at Vancouver.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	5	4	.556	—
Toronto	5	4	.556	—
New York	4	4	.500	½
Boston	4	5	.444	1
Tampa Bay	4	5	.444	1

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	6	3	.667	—
Chicago	5	3	.625	½
Cleveland	4	4	.500	1½
Kansas City	3	6	.333	3
Minnesota	2	7	.222	4

WEST DIVISION

	W	L	Pct	GB
Texas	8	2	.800	—
Seattle	6	5	.545	2½
Oakland	4	6	.400	4
Los Angeles	3	5	.375	4

Yesterday's results
Toronto 9, Baltimore 2
Boston 6, Tampa Bay 4
Cleveland 13, Kansas City 7
Detroit 5, Chicago White Sox 2
Texas 4, Minnesota 3
Seattle 5, Oakland 3
L.A. Angels at N.Y. Yankees
Saturday's results
L.A. Angels 7, N.Y. Yankees 1
Texas 6, Minnesota 2
Boston 13, Tampa Bay 5
Baltimore 6, Toronto 4
Chicago White Sox 5, Detroit 1
Cleveland 11, Kansas City 9, 10 innings
Seattle 4, Oakland 0
Today's games
Tampa Bay (Shields 1-0) at Boston (Bard 0-1), 11:05 a.m.
Minnesota (Pavano 0-1) at N.Y. Yankees (F.Garcia 0-0), 7:05 p.m.
Baltimore (Arrieta 1-0) at Chicago White Sox (Humber 0-0), 8:10 p.m.
Detroit (Verlander 0-1) at Kansas City (Duffy 1-0), 8:10 p.m.
Oakland (McCarthy 0-1) at L.A. Angels (Weaver 1-0), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	7	3	.700	—
New York	6	3	.667	½
Atlanta	5	4	.556	1½
Philadelphia	4	5	.444	2½
Miami	4	6	.400	3

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	7	3	.700	—
Houston	4	5	.444	2½
Cincinnati	4	6	.400	3
Milwaukee	4	6	.400	3
Chicago	3	7	.300	4
Pittsburgh	2	6	.250	4

WEST DIVISION

	W	L	Pct	GB
Los Angeles	8	1	.889	—
Arizona	6	3	.667	2
San Francisco	4	4	.500	3½
Colorado	4	5	.444	4
San Diego	2	7	.222	6

Yesterday's results
Miami 5, Houston 4, 11 innings
Cincinnati 8, Washington 5, 11 innings
Atlanta 7, Milwaukee 4
Philadelphia 8, N.Y. Mets 2
St. Louis 10, Chicago Cubs 3
Arizona 5, Colorado 2
Pittsburgh at San Francisco
San Diego at L.A. Dodgers
Saturday's results
St. Louis 5, Chicago Cubs 1
Washington 4, Cincinnati 1
N.Y. Mets 5, Philadelphia 0
Houston 5, Miami 4
Atlanta 2, Milwaukee 1
Colorado 8, Arizona 7
San Francisco 4, Pittsburgh 3
L.A. Dodgers 6, San Diego 1
Tonight's games
Houston (Weiland 0-1) at Washington (Strasburg 1-0), 7:05 p.m.
N.Y. Mets (Gee 0-1) at Atlanta (Hanson 1-1), 7:10 p.m.
San Diego (Luebke 0-1) at Colorado (Guthrie 1-0), 8:40 p.m.
Pittsburgh (Bedard 0-2) at Arizona (J.Saunders 0-0), 9:40 p.m.
Philadelphia (Halladay 2-0) at San Francisco (Lincecum 0-1), 10:15 p.m.

HOCKEY

IIHF WOMEN'S WORLD CHAMPIONSHIP

At Burlington, Vt.
PLAYOFFS
Saturday's results
Bronze Medal
Switzerland 6 Finland 2
Gold Medal
Canada 5 U.S. 4 (OT)

IIHF MEN'S UNDER-18 WORLD CHAMPIONSHIP

PRELIMINARY ROUND

Yesterday's results
At Brno, Czech Republic
U.S. 4 Denmark 0
At Znojmo, Czech Republic
Sweden 3 Latvia 1
Today's games
At Brno, Czech Republic
Canada vs. Czech Republic, 10 a.m.
Finland vs. Denmark, 2 p.m.
At Znojmo, Czech Republic
Sweden vs. Russia, 10 a.m.
Russia vs. Switzerland, 2 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	**14**	**7**	**7**	**.500**	**170**	**172**	**—**
x-Philadelphia	14	7	7	.500	159	183	—
Rochester	14	6	8	.429	173	176	1
Buffalo	14	5	9	.357	167	179	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Colorado	14	11	3	.786	193	171	—
x-Calgary	15	11	4	.733	207	164	½
x-Minnesota	14	7	7	.500	171	167	4
Edmonton	13	5	8	.385	136	143	5½
Washington	14	4	10	.286	150	171	7

x — Clinched playoff berth.
Week 15
Saturday Results
Edmonton 11 Buffalo 8
Rochester 14 Calgary 12
Colorado 19 Toronto 12
Minnesota 14 Washington 9

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	46	14	.767	—
y-Miami	42	17	.712	3½
x-Indiana	38	22	.633	8
x-Boston	36	25	.590	10½
x-Atlanta	35	25	.583	11
x-Orlando	35	25	.583	11
Philadelphia	31	28	.525	14½
New York	31	29	.517	15
Milwaukee	29	31	.483	17
Detroit	22	38	.367	24
New Jersey	22	39	.361	24½
Toronto	22	39	.361	24½
Cleveland	20	39	.339	25½
Washington	14	46	.233	32
Charlotte	7	52	.119	38½

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	44	16	.733	—
y-San Antonio	42	16	.724	1
x-L.A. Lakers	39	22	.639	5½
L.A. Clippers	37	23	.617	7
Memphis	35	24	.593	8½
Dallas	34	27	.557	10½
Houston	32	27	.542	11½
Denver	32	27	.542	11½
Phoenix	31	29	.517	13
Utah	31	30	.508	13½
Portland	28	33	.459	16½
Minnesota	25	36	.410	19½
Golden State	22	37	.373	21½
Sacramento	20	41	.328	24½
New Orleans	17	42	.288	26½

d — division leader; **x** — clinched playoff berth; **y** — clinched division

Yesterday's results
Miami 93, New York 85
L.A. Lakers 112, Dallas 108, OT
Sacramento 104, Portland 103
Toronto 102, Atlanta 86
Orlando 100, Cleveland 84
Boston 94, Charlotte 82
Chicago 100, Detroit 94, OT
Memphis at New Orleans, 7 p.m.
Houston at Denver, 8 p.m.
Saturday's results
L.A. Clippers 112, Golden State 104
Cleveland 98, Washington 89
Boston 94, New Jersey 82
Oklahoma City 115, Minnesota 110
Memphis 103, Utah 98
Indiana 105, Milwaukee 99
San Antonio 105, Phoenix 91
Tonight's games
New Orleans at Charlotte, 7 p.m.
Minnesota at Indiana, 7 p.m.
Atlanta at Toronto, 7 p.m.
Philadelphia at Orlando, 7 p.m.
Miami at New Jersey, 7:30 p.m.
Washington at Chicago, 8 p.m.
Denver at Houston, 8 p.m.
Dallas at Utah, 9 p.m.
Portland at Phoenix, 10 p.m.
San Antonio at Golden State, 10:30 p.m.
Oklahoma City at L.A. Clippers, 10:30 p.m.
Tomorrow's games
Indiana at Philadelphia, 7 p.m.
Cleveland at Detroit, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
Boston at New York, 8 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.

GOLF

PGA RBC HERITAGE SCORES

At Hilton Head, S.C.
Par 71 (36-35)
Final Round

Carl Pettersson (500), $1,026,000	70-65-66-69—270
Zach Johnson (300), $615,600	71-68-66-70—275
Colt Knost (190), $387,600	67-66-69-74—276
Billy Mayfair (123), $250,800	72-70-67-69—278
Kevin Stadler (123), $250,800	72-71-67-68—278
Matt Bettencourt (95), $198,075	73-69-68-69—279
Boo Weekley (95), $198,075	70-66-70-73—279
Harris English (75), $153,900	68-68-73-71—280
Matt Every (75), $153,900	68-72-73-67—280
Jim Furyk (75), $153,900	68-75-67-70—280
Charley Hoffman (75), $153,900	74-65-71-70—280
Kevin Na (75), $153,900	70-68-69-73—280
Mark Anderson (57), $106,875	73-71-69-68—281
Brian Davis (57), $106,875	72-68-68-73—281
Robert Garrigus (57), $106,875	71-66-70-74—281
Vaughn Taylor (57), $106,875	67-73-70-71—281
Rory Sabbatini (53), $85,500	70-72-68-72—282
Brandt Snedeker (53), $85,500	71-67-69-75—282
Kevin Streelman (53), $85,500	74-68-70-70—282
Greg Chalmers (50), $66,405	71-69-73-70—283
D.A. Points (50), $66,405	74-68-71-70—283
John Rollins (50), $66,405	70-72-70-71—283
Michael Thompson (50), $66,405	71-70-70-72—283
Cameron Beckman (45), $47,310	73-71-66-74—284
Chad Campbell (45), $47,310	67-70-72-75—284
Jason Dufner (45), $47,310	78-66-67-73—284
Bob Estes (45), $47,310	71-67-75-71—284
Mark Wilson (45), $47,310	73-72-68-71—284
Stephen Ames (39), $34,699	71-74-66-74—285
Kevin Chappell (39), $34,699	70-72-73-70—285
Brendon de Jonge (39), $34,699	72-70-71-72—285
Charles Howell III (39), $34,699	72-68-77-68—285
Trevor Immelman (39), $34,699	71-71-71-72—285
Lee Janzen (39), $34,699	71-70-73-71—285
Jerry Kelly (39), $34,699	72-69-72-72—285
Geoff Ogilvy (39), $34,699	74-67-74-70—285
Bud Cauley (31), $24,510	71-68-74-73—286
Tim Clark (31), $24,510	73-67-72-74—286
Luke Donald (31), $24,510	75-69-71-71—286
J.J. Henry (31), $24,510	72-70-72-72—286
Spencer Levin (31), $24,510	73-72-71-70—286
John Mallinger (31), $24,510	69-72-73-72—286

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	6	6	0	0	9	1	18
D.C. United	6	2	2	2	7	6	8
New York	5	2	2	1	12	9	7
Houston	3	2	1	0	2	2	6
Columbus	4	2	2	0	3	3	6
New England	6	2	4	0	5	8	6
Chicago	3	1	1	1	2	3	4
Philadelphia	5	1	3	1	3	6	4
Montreal	7	1	5	1	6	14	4
Toronto	5	0	5	0	2	10	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	7	5	2	0	11	5	15
San Jose	6	4	1	1	10	4	13
Seattle	5	3	1	1	6	2	10
Dallas	6	3	2	1	8	9	10
Colorado	6	3	3	0	7	8	9
Chivas USA	6	3	3	0	4	4	9
Vancouver	5	2	1	2	4	3	8
Los Angeles	5	2	3	0	8	9	6
Portland	6	1	4	1	8	11	4

Last night's result
Houston at Chicago
Saturday's results
Philadelphia 1, Columbus 0
Seattle FC 1, Colorado 0
D.C. United 2, New England 1
Chivas USA 1, Toronto FC 0
New York 2, San Jose 2, tie
FC Dallas 2, Montreal 1
Sporting Kansas City 1, Real Salt Lake 0
Los Angeles 3, Portland 1

Shea Weber scores, silences home crowd

NHL. Predators' defenceman scores early to help his team to 2-1 series lead over Wings

Game 3

3	2
Predators	Wings

Shea Weber knew he wouldn't be popular in the Motor City.

The star defenceman didn't really care, he just wanted to win.

Weber turned boos into silence with a goal early in the first period and the Nashville Predators held on to beat the Detroit Red Wings 3-2 Sunday to take a 2-1 lead in the first-round series.

"I guess we're more focused on the game," he said.

Weber was jeered every time he touched the puck for smashing Henrik Zetterberg's face into glass at the end of Game 1.

"We talk about great players when there's a little bit of controversy stepping up," Nashville coach Barry Trotz said. "When he came to the rink, he knew he wasn't going to be the most likable player in the arena."

Weber's goal snapped Nashville's 0-for-12 streak on the power play against the Red Wings in the series and helped the franchise end its 0-for-6 skid in playoff games against them on the road.

The Predators, who are in their 13th NHL season, advanced in the playoffs last year for the first time and are trying to get past the Red Wings after being eliminated by them in 2008 and 2004.

Just when it looked like the Red Wings were finished off for sure in Game 3, Zetterberg scored with 54 seconds left to pull the Red Wings within one, but they couldn't force overtime. THE ASSOCIATED PRESS

Drew Miller, right, runs into goalie Pekka Rinne, Sunday in Detroit.
CARLOS OSORIO/THE ASSOCIATED PRESS

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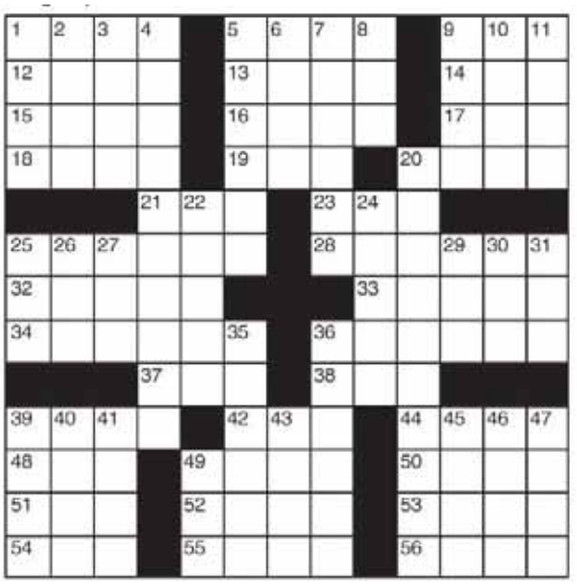
Crossword

Across

1 Tobacco plug
5 Pumps up the volume
9 DIY buy
12 Stereo hookup
13 Gambling game
14 Account acronym
15 Astronaut Shepard
16 Dingy
17 Victory
18 "L'Etoile du —" (Minnesota motto)
19 Attention getter
20 Carlton of baseball
21 Afternoon affair
23 Ostrich's cousin
25 Investor's hope
28 Arouse bitterness
32 Expiate
33 Norma Rae's group
34 From that place
36 Boulevard
37 Greek H
38 Moray
39 Earth
42 Paving material
44 Food starch, for short
48 Possess
49 Grand-scale
50 Pavarotti offering
51 3 on the phone
52 Part of Q.E.D.
53 Benevolent
54 Big bother
55 Phoenician port city
56 Advantage

Down

1 Earl Derr Biggers sleuth
2 Hawaiian city
3 Distant
4 Air-flow channel
5 Hound type
6 Stallion's companion
7 Orison
8 Sauce source
9 Fuzzy fruit
10 Eye part
11 Cistern
20 Batter treat
22 Upright
24 Shade of purple
25 Snitch
26 Biblical verb suffix
27 Pirouette pivot
29 Reunion group
30 Costello or Ferrigno
31 Away from WSW
35 Diner
36 Make bubbly
39 Six-pack, often
40 Yet to be paid
41 Data
43 Culture medium
45 Saharan
46 Pugilism venue
47 Commanded
49 Encountered



Sudoku

		3				6		
		5	2		7	3		
6				4				9
	3	7	4		2	5	1	
	2	8	6		9	7	3	
3				9				8
		9	8		1	2		
		6				1		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	6	9	3	1	4	8	5	2
3	1	2	9	5	8	7	4	6
8	5	4	2	6	7	1	9	3
5	2	8	1	7	6	9	3	4
1	4	6	5	3	9	2	8	7
9	7	3	8	4	2	6	1	5
2	3	5	7	9	1	4	6	8
4	8	1	6	2	3	5	7	9
6	9	7	4	8	5	3	2	1

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XSI ZWMBJ MX IKMBK ZDEP BDXR YUJS U OSHUIUC HKPDEOK U ZMPSLWUBS ZPUYS: "HKS OPUHS SRBULS."

Yesterday's Cryptoquip: MUSICAL MARCH THAT COMMEMORATES SAILORS AND FOODSTUFF FROM SHEEP: "TARS AND TRIPES FOREVER."

Today's Cryptoquip Clue: K equals H

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You will be remarkably fired up this week. Both in your personal life and in your work you will be energetic and enthusiastic.

Taurus | April 21 - May 21. You favor routines and methods you feel comfortable with but you will need to be a bit more adventurous over the next few days.

Gemini | May 22 - June 20. This should be a really fun time for you, especially if you are ready to take a few risks in your private life.

Cancer | June 21 - July 22. No one works harder than you, but are you working for yourself or are you working for other people?

Leo | July 23 - Aug. 22. You enjoy taking risks, it gives you a buzz, and with mind planet Mercury moving in your favor today you will be looking round for new ways to push the envelope.

Virgo | Aug. 23 - Sept. 22. You need to be a bit more assertive when dealing with family issues and financial matters.

Libra | Sept. 23 - Oct. 22. Anyone who annoys you this coming week is likely to find themselves on the receiving end of a tongue-lashing.

Scorpio | Oct. 23 - Nov. 21. If you see an opportunity today you must seize it immediately.

Sagittarius | Nov. 22 - Dec. 21. You're in a dynamic mood at the moment and you really don't care whose toes you tread on.

Capricorn | Dec. 22 - Jan 20. Something unexpected will happen today, something you did not plan for.

Aquarius | Jan. 21 - Feb 18. Don't let anyone persuade you to abandon the path you have chosen to take.

Pisces | Feb. 19 - March 20. You are very much on the ball at the moment and determined to make every minute count.

SALLY BROMPTON

Caption Contest

"Whoa i gotta get my eyes checked! There's no way i should have missed that one!"
Brian

GREGORY BULL/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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